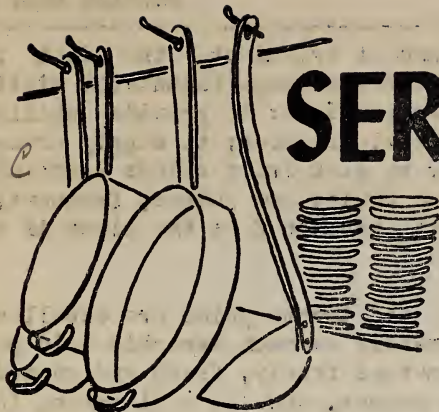


Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

1.9422
78526 C
Sp 2



SERVING MANY

Food news for food managers in industrial plants, restaurants, hotels, and hospitals

Published monthly by

Midwest edition, for Illinois, Indiana, Iowa, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, and Wisconsin.

U. S. DEPARTMENT OF AGRICULTURE
Production & Marketing Administration
Food Distribution Programs Branch
5 South Wabash Avenue
Chicago 3, Illinois

VOL. II

February, 1946

No. 8

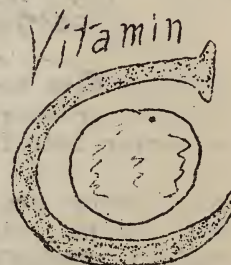
FOOD NEWS

The news from the food front is good this month because several popular foods will be abundant in national supply. Some of these foods which will interest industrial feeding operators are oranges, white potatoes, eggs, tom turkeys, cabbage, and rolled oats.

Oranges and white potatoes will be plentiful in the growing districts and adjacent States. Transportation facilities are limited for perishable foods, and distribution to States a considerable distance from the growing areas of white potatoes and oranges may restrict supplies in some markets.

USING CITRUS FRUITS IN INDUSTRIAL FEEDING

The National Research Council's Food and Nutrition Board and Government and private nutrition surveys indicate that American workers' diets often are deficient in ascorbic acid (vitamin C). These surveys show that nearly one-half of the employees in certain plants consume less vitamin C than the 75 milligrams per day advocated in the National Research Council's dietary allowance.



One of the reasons that many workers eat too little of citrus fruits and tomatoes is that too many of them go to work without breakfast or with an inadequate breakfast. Others drink a hot beverage and eat toast, sweet rolls, or doughnuts and believe that they are well nourished. Of course, this is not true as a breakfast for an industrial worker should include a citrus fruit, citrus fruit juice, or tomato juice as a beginner, one or two eggs, whole-grain or enriched cereal, and whole milk. How much a worker eats depends on how far he has to travel to work, and how hard he must work on the shift. Dietitians and food service managers in industrial plants should keep plugging for better breakfasts for workers (and themselves).

The National Research Council's report on "Inadequate Diets and Nutritional Deficiencies in the United States" in 1943 contains the statement that unless

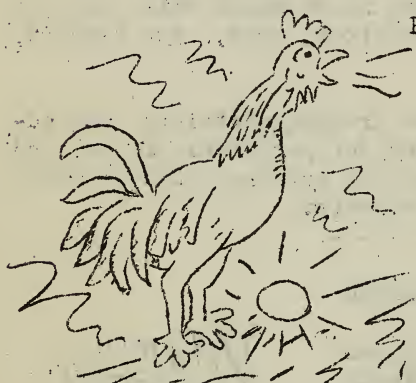
citrus fruits and citrus fruit juices are consumed at breakfast, the diet is likely to be deficient in vitamin C. This should challenge industrial dietitians and managers to: Serve breakfasts, when possible; to provide chilled citrus fruit juices and tomato juice at the cafeteria counter; to supply oranges tangerines and grapefruit at the snack counter; to plan fruit salads containing citrus fruits; to serve desserts made with citrus fruits and juices, frequently. In other words you should help the worker to get vitamin C at the plant if he doesn't get his allowance at home.

Remember that whole tomatoes, canned tomatoes, and tomato juice are excellent sources of vitamin C, and they contain about one-half as much ascorbic acid per 4-ounce unit as oranges and grapefruit. Use tomatoes freely, fresh and canned, as a vegetable, in salads, as an appetizer, in sauces, and as a flavoring for other food dishes. Cabbage also is a good source of vitamin C, as are salad greens.

During the war, the English gave vitamin C the popular name of the "fitness vitamin," because it is essential to strong bones and teeth, healthy gums, and general body fitness. During the war England imported close to 100 million gallons of concentrated citrus juices for mothers and children.

The menus for special lunches for February and the attached recipes suggest ways of using citrus fruits, tomatoes, and cabbage for workers' meals.

PLENTIFUL FOODS FOR FEBRUARY



Eggs will be freely available in February throughout the country. Use them in main dishes, salads, and desserts. Some suggested ways of using eggs are included in the Special Lunch Menus for the month of February.

Cabbage will be universally plentiful this month. It is a relatively inexpensive food, so use it in salads and uncooked relishes, such as Philadelphia Relish," and as a cooked vegetable. Steamed cabbage with lemon-butter (or margarine) and "Creole Cabbage" with tomatoes, onions, and green peppers are "different" flavor treats. Recipes for these may be found in your files of "Serving Many" ---- April and September 1945 issues.

Rollled oats are abundant and a very inexpensive food. Try using them in cookies, muffins, oatmeal bread, and as an "extender" and binder in meat loaves and patties instead of bread crumbs. A recipe is attached for "Oatmeal Squares"--- a delicious cookie.

If you are in an area where tom turkeys are abundant, consider serving at least one more "turkey special" before winter turns into spring.

A NEW FEATURE

In the past several issues of "Serving Many," instructions have been given for the care and storage of foods. This month a new series begins...at the request of our readers...on the care and cleaning of equipment. For the first of this series...see the back page. It is arranged for posting on the refrigerator.

SPECIAL MENUS FOR



These menus suggest ways of using eggs, oranges, white potatoes, cabbage, and rolled oats. Foods which will be abundant in supply during February are indicated by asterisks. Recipes for special dishes included in publications of the Industrial Feeding Division are indicated by footnotes.

1

Fried liver
 Scalloped potatoes*
 Shredded carrot and cabbage* salad
 Enriched bread and butter or fortified margarine
 Orange custard 1/
 Milk or other beverage

2

Lamb stew (with carrots, potatoes,* and onions) 2/
 Diced oranges* on cabbage* and green pepper slaw
 Whole wheat bread with butter or fortified margarine
 Sponge cake with rainbow icing 3/
 Milk or other beverage

3

Pot roast with vegetable gravy 2/
 Steamed potatoes*
 Brussels sprouts
 Enriched bread with butter or fortified margarine
 Canned fruit served with oatmeal* squares 1/
 Milk or other beverage

4

Citrus fruit juice*
 Meat biscuit roll 2/
 Buttered spinach or other greens with hard-cooked egg slices
 Whole-wheat bread with butter or fortified margarine
 Ice cream
 Milk or other beverage

5

Fish cakes with egg* sauce 2/
 Parsley buttered potatoes*
 Tossed green salad, with French dressing
 Corn bread with butter or fortified margarine
 Orange* chiffon pie 1/
 Milk or other beverage

6

Roast pork shoulder with apple dressing
 Mashed potatoes* with gravy
 Green beans
 Rolled oat* muffins with butter or fortified margarine
 Fresh fruit cup (orange*, pears, and grapefruit)
 Milk or other beverage

7

Braised beef with tomatoes and onions 2/
 Creamed potatoes*
 Raw vegetable salad (shredded carrot, turnip slices, green pepper rings, leaf lettuce)
 Enriched bread with butter or fortified margarine
 Ice cream or sherbet
 Milk or other beverage

8

Scrambled eggs* with bacon 2/
 Creole cabbage*
 Hashed browned potatoes*
 Whole-wheat bread with butter or fortified margarine
 Deep dish apple pie (try a few drops of lemon juice with the winter apples)
 Milk or other beverage

9

Meat pie 2/
 Parsley buttered cauliflower
 Mashed potatoes*
 Pickle relish
 Enriched bread with butter or fortified margarine
 Orange* or lemon chiffon pudding (use attached recipe)
 Milk or other beverage

10

Cheese soufflé 2/
 Buttered broccoli
 Baked potatoes*
 Whole-wheat bread with butter or
 fortified margarine
 Chocolate layer cake with vanilla
 cream filling
 Milk or other beverage

11

Swiss steak 2/
 Creamed potatoes*
 Baked Hubbard squash
 Whole-wheat bread with butter or
 fortified margarine
 Chilled soft custard over diced
 oranges* 3/
 Milk or other beverage

12

Cream of tomato soup with crackers
 Stuffed egg* salad garnished with
 carrot sticks and with green
 pepper rings
 Whole-wheat muffins with butter or
 fortified margarine
 Gingerbread with warm apple sauce
 Milk or other beverage

13

Boiled tongue with horse radish
 sauce
 Scalloped potatoes*
 Buttered frosted peas
 Enriched roll with butter or for-
 tified margarine
 Ice cream with tutti-frutti sauce
 (include orange*)
 Milk or other beverage

14

"Porcupine" meat balls 2/
 Lyonnaise potatoes
 Tomato aspic with diced celery and
 chopped green pepper
 Enriched bread with butter or for-
 tified margarine
 Chocolate blanc mango
 Milk or other beverage

15

Baked fish with lemon slice
 Parsley buttered potatoes*
 Steamed cabbage* - parsley butter
 Whole-wheat bread with butter or
 fortified margarine
 Pumpkin pie
 Milk or other beverage

1/ See attached recipes. 2/ "Making the Most of Meats in Industrial Feeding"
 3/ "Saving Sugar in Industrial Feeding." Letter publications may be obtained
 free upon request to the Production and Marketing Administration, Industrial
 Feeding Section, 5 South Wabash Avenue, Chicago 3, Illinois.

PEANUT BUTTER BRICKS

Peanut butter by the brick is one of many new possibilities for this spread suggested by scientists of the Georgia Experiment Station as a result of research on improving the quality of peanut butter. The present shortage of glass jars may encourage manufacturers to put up butter in this new form.

The Georgia scientists found that peanut butter can be made with a firmer, less sticky consistency that will hold its shape in a mold, as butter does. If packed in a sealed water-and-grease-proof wrapper and stored chilled, bricks of peanut butter keep well. They offer special convenience in sandwich-making because they can be sliced easily.

The Georgia scientists also tested new ways of flavoring peanut butter. Peanut butter that was sweetened proved especially good for molds or bricks when flavored in either of three ways --with orange, with chocolate and vanilla, and with malted milk and vanilla. Desirable mixtures were made also of peanut butter with sweet pickle flavor, with chili flavor and with raisins.



Orange Chiffon Pie

Ingredients	Amounts	
	100 portions	500 portions
	<u>15 pies X 7</u>	<u>72 pies X 7</u>
Plain granulated gelatin	1 cup	5 cups
Cold water	1 quart	5 quarts
Eggs*	60 (5 dozen)	240 (20 dozen)
Granulated sugar	7 pounds	35 pounds
Orange juice*	2 quarts	10 quarts
Lemon juice	8 ounces	1 $\frac{1}{2}$ quarts
Grated orange rind*	$\frac{1}{2}$ cup	3 cups
Grated lemon rind	$\frac{1}{2}$ cup	3 cups
Salt	1 ounce	4 $\frac{1}{2}$ ounces

Size of portion - 1/7 of 10-inch pie

1. Separate egg whites from yolks.
2. Soften gelatin in cold water.
3. Beat egg yolks until light and add half of the sugar and the salt and lemon and orange juices. Cook over boiling water or in a pastry kettle until of custard consistency. Add gelatin and grated rinds to custard and stir until combined. Cool.
4. When the mixture begins to thicken fold in the egg whites whipped to a meringue with the other half of the sugar.
5. Fill baked pastry shells or graham cracker crusts.
6. Top with thin layer of whipped cream if desired.

Baked Orange Custard

Ingredients	Amounts	
	100 portions	500 portions
Milk	8 quarts	40 quarts
Eggs*	36 (3 dozen)	180 (15 dozen)
Sugar	2 $\frac{1}{2}$ pounds	12 pounds
Orange* juice, strained	1 quart	5 quarts
Lemon juice, strained	3/4 cup	1 quart
Orange rind lightly grated	2 tablespoons	$\frac{1}{2}$ cup
Salt	1 ounce	5 ounces

Size of portion - 4 ounces

1. Grate orange rind lightly taking off only the colored part and none of the white.
2. Prepare and strain the orange juice.
3. Beat the eggs until mixed, add the sugar, orange and lemon juice, rind, and salt and continue beating until blended.
4. Combine the milk with the egg mixture and pour into custard cups. Place cups in baking pan surrounded with hot water.
5. Bake in a slow oven at 300° F. for 50 minutes to 1 hour, or until silver knife blade inserted in the center comes out clean.

Both "Industrial Nutrition Service" and "Serving Many," are available to industrial plants, free upon request.

In addition to this service, a staff of Industrial Feeding Specialists is available to help industrialists and their food operators solve their mass feeding problems. Services of the specialists are free upon request. The following form is for your convenience.

REQUEST FOR INDUSTRIAL FEEDING SPECIALIST'S SERVICES

Plant Name _____ Address _____

Official to see _____ Title _____

Check Service Desired

Installation or expansion of
feeding facilities ☐

Menu planning ☐

Efficient operation ☐

Nutrition education program
for better health and
efficiency of workers ☐

APPLICATION FOR INDUSTRIAL NUTRITION SERVICE AND SERVING MANY

_____ Please place my name on the mailing list for the "INDUSTRIAL
NUTRITION SERVICE"

_____ Please place my name on the mailing list for "SERVING MANY"

Name _____

Address _____

City _____ Zone _____ State _____

Position _____

Clip and send to

UNITED STATES DEPARTMENT OF AGRICULTURE
PRODUCTION AND MARKETING ADMINISTRATION
INDUSTRIAL FEEDING SECTION
5 South Wabash Avenue
Chicago 3, Illinois

Oatmeal Squares

Ingredients	Amounts	
	100 portions	500 portions
Fat (cooking fat or poultry fat or clarified drippings)	8 ounces	2 lbs., 8 oz.
Granulated sugar	1 pound	5 pounds
Eggs*	3	15
Sour coffee cream (or sour whole milk)	12 ounces $\frac{1}{2}$	1- $\frac{3}{4}$ quarts
Maple flavoring	1- $\frac{1}{2}$ teaspoons	1 ounce
Flour, pastry or cake	1 pound	5 pounds
Salt	$\frac{1}{2}$ ounce	2 ounces
Baking soda	$\frac{1}{2}$ ounce	2- $\frac{1}{2}$ ounces
Cinnamon	1 tablespoon	1 ounce
Dry sifted bread crumbs	4 ounces	1 lb. 4 oz.
Rollod oats	10 ounces	3 pounds
Raisins, washed and patted dry	1 pound	5 pounds
Nuts, walnuts or pecans, chopped	3 ounces	1 pound

1/ If sour whole milk is substituted for sour cream, increase the fat to 14 ounces

Yield: About 6 pounds batter making approximately $1\frac{1}{2}$ dozen cookies per pound, or 6 dozen cookies.

Method:

1. Cream fat, add sugar and maple flavoring and blend until creamy.
2. Beat the eggs until light and add the sour cream.
3. Sift the flour, baking soda, cinnamon, and salt, twice; stir in the rolled oats and crumbs.
4. Add the egg-milk mixture to the fat alternately with the flour mixture, stirring well after each addition.
5. Mix raisins and chopped nuts and stir quickly into the batter.
6. Spread mixture evenly $\frac{1}{2}$ -inch deep on a greased baking sheet.
7. Bake in 350° F. oven for from 12 to 15 minutes until a delicate brown. Cool partially, then cut into pieces about $1\frac{1}{2}$ to 2 inches square.

SOYA IN SPAGHETTI

Among the war-time developments of America's food industry was one that grew out of a request in 1943 for a high-protein spaghetti to be used in rehabilitation feeding. The idea was to combat malnutrition among the people of Greece and other countries by increasing the nutritional value of spaghetti, a dietary mainstay.

Plain spaghetti is made of durum flour and water and contains only about 12 per cent protein. The Special Commodities Branch of USDA, cooperating with the industry and with Federal food technologists, experimented. The final formula consisted of 12.5 percent soya, 5.5 percent dried whole egg, and 82 percent durum flour, and was called officially durum flour, soya and egg spaghetti with a protein minimum of 18.8 percent. The first shipment of the improved product went to Europe in May of 1945. Its reception was good, and the results equaled the reception.

POST THIS NEAR THE REFRIGERATORS

CLEANING REACH-IN REFRIGERATORS

Efficient refrigeration depends on good circulation of cold, dry air.

Maintaining the fine flavor of foods stored in the refrigerator results from assembling foods in the proper variety in a single unit. For example, dairy products should not be stored in the same box with highly flavored fruits such as cantaloup. Fish and spiced smoked meats should be kept away from mild-flavored foods such as cut butter, cottage cheese, and cream. Strong-flavored foods should be wrapped or covered. Fluid foods should be stored in covered containers.

1. Keep the walls of compartments dry by placing food supplies so as not to interfere with the cold air circulation. The warm air must rise to the top and the cold air must fall toward the bottom of the chamber.
2. Place foods needing lower refrigerating temperatures on the lower shelves of the ice box, and those requiring a higher storage temperature on the upper shelves. For example, milk, butter, cheese and meats should be stored in the coldest part of the compartment.
3. Avoid overloading the food compartments. Keep foods covered. Wrap exposed surfaces of fruits and vegetables and cheese in waxed paper.
4. Leave enough room between foods to allow for a free circulation of air.
5. Do not allow ice box doors to remain open longer than the time required to remove or store foods.
6. Maintain a constant temperature in the refrigerator by defrosting the pipes regularly. They should be defrosted whenever as much as one inch of ice collects on the pipes.
7. Clean defrosted pipes and refrigerator shelves and walls thoroughly before the refrigerant is turned on again.
8. Remove the shelves and wash in neutral soap suds, cleaning with a stiff brush. Rinse thoroughly in clean, hot water and dry before replacing them.
9. Flush drains thoroughly with a hot solution of washing soda and water to clean and sweeten them.
10. Keep power belts in alignment to avoid friction and wearing. Check them daily.
11. Arrange for regular draining and flushing of the oil pump. Refill it with fresh oil.
12. Oil the moving parts regularly but do not let the oil come in contact with leather or rubber parts.
13. Request regular maintenance of motors because dirty motors have less power.
14. Clean condensers once a week, using a stiff brush.
15. Repair door gaskets as soon as they show signs of wear, so that the doors will close tightly.

